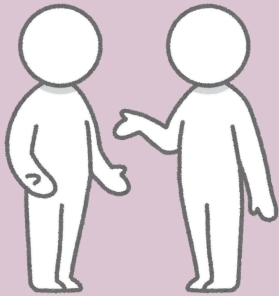


ENSURING EFFECTIVE COMMUNICATION

1

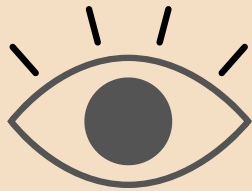
**STAND WITH
OPEN ARMS**



An open body position shows positivity and receptiveness.

2

**MANTAIN EYE
CONTACT**



Eye contact shows you are not distracted and you are invested in the conversation.

3

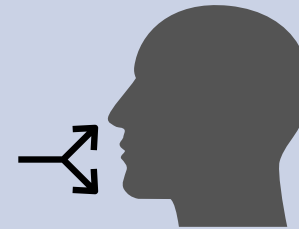
**AVOID
INTERRUPTIONS**



Take turns speaking to ensure efficient communication.

4

**NOD YOUR
HEAD**



This motion shows the speaker that you are hearing and understanding what they are saying to you.

5

**STAND UP
STRAIGHT**



This shows that you are invested in the conversation and you are ready to hear what the speaker has to say.